

# MARCH 12 - APRIL 16, 2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAYS	FRIDAY	SATURDAY	SUNDAY
5:30am	<b>ADULT LAP/ADULT REC*</b> (5:30-9:00AM)	<b>ADULT LAP/ADULT REC*</b> (5:30-9:00AM)	<b>ADULT LAP/ADULT REC</b> (5:30-9AM)	<b>ADULT LAP/ADULT REC</b> (5:30-9AM)	<b>ADULT LAP/ADULT REC</b> (5:30-9AM)	CLOSED	<b>POOL CLOSED:</b> <b>*WAHS PRACTICES</b> (HALF POOL): MON MAR. 13TH 5:45AM -7:15AM TUES MAR. 14TH 6AM TO 7:15AM
6:00am							
7:00am							
8:00am	<b>ADULT SWIM LESSONS</b> (2 lane 8-8:45am)	<b>ADULT SWIM LESSONS</b> (2 lanes 8-8:45am)	<b>ADULT SWIM LESSONS</b> (2 lane 8-8:45am)	<b>ADULT SWIM LESSONS</b> (2 lane 8-8:45am)	<b>ADULT SWIM LESSONS</b> (2 lane 8-8:45am)	<b>LAP SWIM</b> (7:00-8:30AM)	<b>*SPECIAL OLYMPICS STARTS</b> SAT. MARCH 18TH
9:00am	<b>SWIMNASTICS</b> (9:00-10:00AM) <b>WAVE RUNNERS</b> (9:00-10:00AM)	<b>SWIMNASTICS</b> (9:00-10:00AM)	<b>SWIMNASTICS</b> (9:00-10:00AM) <b>WAVE RUNNERS</b> (9:00-10:00AM)	<b>SWIMNASTICS</b> (9:00-10:00AM)	<b>SWIMNASTICS</b> (9:00-10:00AM) <b>WAVE RUNNERS</b> (9:00-10:00AM)		
10:00am	<b>SWIM EXPLORATION</b> (10:00-10:30AM) <b>SWIM BASICS: PRE</b> (10:30-11:00AM)	<b>CHAMPION SWIM/PRIVATE LESSONS</b> (10:00-11:00AM)	<b>SWIM EXPLORATION</b> (10:00-10:30AM) <b>SWIM BASICS: PRE</b> (10:30-11:00AM)	<b>CHAMPION SWIM/PRIVATE LESSONS</b> (10:00-11:00AM)	<b>HOMESCHOOL SWIM LESSONS</b> (HALF POOL) 10:15-11:00AM <b>CHAMPION SWIM</b>	<b>Swim Strokes</b> (8:30-9:15am)	<b>*LIFEGUARD COURSE</b> SAT/SUN. APRIL 15-16TH 1-4PM (HALF POOL)
11:00am	<b>PRESCHOOL SWIM</b> (11:00-12:00PM)	<b>PRESCHOOL SWIM</b> (11:00-12:00PM)	<b>PRESCHOOL SWIM</b> (11:00-12:00PM)	<b>PRESCHOOL SWIM</b> (11:00-12:00PM)	<b>LAP SWIM</b> (11:00-1:00PM)	<b>Water Discovery/Exploration</b> (9:30-10:00am)	<b>*POOL PARTIES:</b> TUES. MAR. 14TH (1-2:30PM) SUN. MAR. 26TH SUN. APR. 30TH
12:00pm	<b>LAP SWIM</b> (12:00-1:00PM)	<b>LAP SWIM</b> (12:00-1:00PM)	<b>LAP SWIM</b> (12:00-1:00PM)	<b>LAP SWIM</b> (12:00-1:00PM)		<b>CHAMPION SWIM/SPECIAL OLYMPICS</b> (10:00-11:00AM)	<b>*UNDERWATER EGG HUNT</b> SAT. APR. 1ST 11:30-12:30PM
1:00pm	<b>ADULT REC (DEEP)</b> <b>ARTHRITIS</b> (1:00-1:45PM)	<b>OPEN SWIM *</b> (1:00-4:00PM)	<b>ADULT REC (DEEP)</b> <b>ARTHRITIS</b> (1:00-1:45PM)	<b>OPEN SWIM *</b> (1:00-4:00PM)  *FIREFLY LANES 5&6 1:00-2:00PM	<b>OPEN SWIM</b> (1:00-2:00PM)	<b>LAP SWIM</b> (12:00-1:00PM)	<b>*MOVIE IN THE POOL</b> THUR. APR. 6TH 1-2:30PM
2:00pm	<b>OPEN SWIM</b> (2:00-4:00PM)		<b>OPEN SWIM</b> (2:00-4:00PM)				
3:00pm		<b>SWIM BASICS: SA</b> (4-4:30PM) <b>SWIM BASICS: PRE</b> (4:30-5PM) <b>SWIM STROKES</b> (4:30-5:15PM)		<b>SWIM BASICS: SA</b> (4:30-5:00PM) <b>SWIM BASICS: PRE</b> (5:00-5:30PM)  <b>*REAX RAFT</b> (5:30-6:15PM)	<b>SWIM BASICS: SA</b> (4-4:30PM) <b>SWIM BASICS: PRE</b> (4:30-5PM) <b>SWIM STROKES</b> (4:30-5:15PM)	<b>OPEN SWIM</b> (4:00-5:00PM)	<b>OPEN SWIM *</b> (1:00-4:00PM)
4:00pm	<b>SWIM BASICS: SA</b> (4-4:30PM) <b>SWIM BASICS: PRE</b> (4:30-5PM) <b>SWIM STROKES</b> (4:30-5:15PM)	<b>SWIM BASICS: SA</b> (4:30-5:00PM) <b>SWIM BASICS: PRE</b> (5:00-5:30PM)  <b>*REAX RAFT</b> (5:30-6:15PM)	<b>SWIM BASICS: SA</b> (4-4:30PM) <b>SWIM BASICS: PRE</b> (4:30-5PM) <b>SWIM STROKES</b> (4:30-5:15PM)	<b>SWIM BASICS: SA</b> (4:30-5:00PM) <b>SWIM BASICS: PRE</b> (5:00-5:30PM)  <b>*REAX RAFT</b> (5:30-6:15PM)	<b>OPEN SWIM</b> (4:00-5:00PM)	<b>Y MCA CLOSED:</b> SUN. APR. 2ND—PALM SUNDAY FRI. APR. 7TH—GOOD FRIDAY SUN. APRIL 9TH - EASTER	
5:00pm	<b>OPEN SWIM</b> (5:30-7:30PM)	<b>MERIT BADGE SWIM</b> (5:30-6:15PM)	<b>OPEN SWIM</b> (5:30-7:30PM)	<b>MERIT BADGE SWIM</b> (5:30-6:15PM)	<b>SWIM BASICS: SA</b> (5:00-5:30PM) <b>SWIM BASICS: PRE</b> (5:30-6:00PM)	<b>FAMILY SWIM</b> (4:00-6:00PM)	*Schedule subject to change. Call Y to verify.
6:00pm		<b>OPEN SWIM*</b> (6:00-7:30PM)		<b>OPEN SWIM</b> (6:00-7:30PM)			
7:00pm						<b>ADULT REC (DEEP)</b> (7:30-8:30PM)	<b>ADULT REC (DEEP)</b> (7:30-8:30PM)
8:00pm	<b>ADULT REC (DEEP)</b> (7:30-8:30PM) <b>ADULT SWIM LESSONS</b> (7:00-8:00PM)	<b>ADULT REC (DEEP)</b> (7:30-8:30PM) <b>SWIMNASTICS</b> (7:30-8:30PM)	<b>ADULT REC (DEEP)</b> (7:30-8:30PM)	<b>ADULT REC (DEEP)</b> (7:30-8:30PM) <b>SWIMNASTICS</b> (7:30-8:30PM)	<b>FAMILY SWIM</b> (7:00-8:30PM)	<b>Saturday, April 1st Sign up today!</b> <b>Details at:</b> <a href="http://www.warrenymca.org">www.warrenymca.org</a>	

## General Pool Rules:

- Please shower before entering the pool—no perfume/cologne
- No diving in shallow end of pool
- Please obey lifeguard's instructions
- **An adult must accompany children ages 9 & under during Open Swim**
- Adults must be in the water with all children wearing lifejackets/puddle jumpers (or non-swimmers) & directly supervise them
- Follow pool rules listed on the walls in the pool area
- No food, drink or gum allowed in locker rooms or pool area
- Masks & snorkels are not permitted during Open or Family swims
- No shirts or cut-offs are permitted
- Water wings or swimsuits with floats inserted are not permitted. Coast Guard Approved Life Jackets and Puddle Jumpers permitted.
- Persons utilizing the diving board must be able to swim a length of the pool on their front without floatation device
- Swim waivers are mandatory for all persons utilizing the diving board & a green wristband must be secured at the front desk before entering the pool

## Definitions of Swim:

**Open Swim**— Open to anyone for recreational or fitness swimming. **Adults must accompany children age 9 & under.** Children using bubbles, puddle jumpers and/or Coast Guard approved life jackets must be directly supervised by an adult in the water. Noodles, balls, masks/ snorkels/fins, swimsuits with floats inserted and water wings are NOT permitted. 3 lap lanes available. **NO** Open/Lap Swim if Birthday Party is scheduled on Saturday.

**Family Swim**— Open for all families to practice skills or simply enjoy the water. **Adults must accompany children age 9 & under.** Children using bubbles, puddle jumpers or Coast Guard approved life jackets must be directly supervised by an adult in the water. Noodles and balls are permitted. Water wings, swimsuits with floats inserted, and masks/snorkel/fins are NOT permitted. Three lap lanes available

**Adult Rec**— A time set aside for adults age 18 and older to water walk, swim laps, exercise, or just enjoy the water. Please be considerate of others.

**Lap Swim**— A time set aside for lap swimming only. *We encourage all swimmers, of any age, to circle swim & work together during peak times.*

**Adult Lap Swim**— same as Lap Swim but for adults ages 18 & older

**(32 laps or 64 lengths = 1 mile)**

## Pool Schedule



**MARCH 12 - APRIL 16  
2023**

**Warren County YMCA  
212 Lexington Avenue  
Warren - PA 16365**

**AQUATICS DIRECTOR:  
DANI MUMFORD  
814-726-0110 ext. 116  
www.warrenymca.org**